



EMIHS 5-minute Lineup Drill

Adult Spinal Motion Restriction (SMR)

Old way of thinking:

New Way of thinking:



- Everyone gets it “as a precaution”
- All or nothing approach

We used to start at backboard and work in reverse, looking for reasons to justify **not** using one.

Remember:

Many injured patients **will not** require SMR.

SMR is a **medical intervention** that requires an **indication**. It is **not** a benign procedure and application is **not** a default position.

The only indication is high-energy blunt trauma **AND** at least one of these:

Midline cervical, thoracic, or lumbar pain or tenderness

Distracting injury



New para or quadriplegia or focal neuro deficit

Altered mental status

